

# **2015 Adult Mental Health Conference: Promoting Health, Wellness & Recovery**



**Lake Morey Resort - Fairlee, Vermont  
October 6, 2015**

## **Workshop Information**

*Sponsored by the Department of Mental Health and the Vermont Cooperative for Practice  
Improvement and Innovation*



## **Workshops: Morning (11:00 am – 12:30 pm)**

### **1. Implementing the Zero Suicide Model in Vermont:**

Vermont loses over a 100 people to death by suicide every year. By all measures it is a public health crisis. What can we do about this? The National Action Alliance for Suicide Prevention has put together a framework for suicide prevention. It relies on a partnership with various healthcare providers from screening to providing state-of-the-art care. Workshop participants will have the opportunity to discuss the magnitude of the problem, review the framework of Zero Suicide and learn from each of the two sites where the Zero Suicide approach is being implemented in their communities. Vermont has learned from other regions that with a coordinated approach, deaths by suicide can be prevented. We are confident that Vermont can accomplish that goal with the Zero Suicide approach.

**Presenters:** Dr. Jaskanwar Batra, Steve Broer and Beth Holden

**Location:** Edgewater

### **2. Applying Recovery Principles to Practice:**

This workshop will feature a facilitated discussion among panel members and the audience about the key concepts and principles of "recovery" and how they can be applied to the services and supports that we provide in the mental health system. Participants of this workshop will be encouraged to share specific examples of how the concept of recovery influences the day-to-day work that they do and how the programs they work in are evolving.

**Panel Members:** Courtenay Harding, PhD, Michael Hartman, Isabelle DesJardins, MD, Katherine Cook, Malaika Puffer, Hilary Melton, Leslee Tocci, Jane Winterling and Gloria van den Berg

**Location:** Morey Room

### **3. Law Enforcement and Mental Health Collaboration:**

This workshop will feature a panel of law enforcement and mental health professionals to discuss success stories of their collaborative efforts as well as continued road blocks to effective joint outreach efforts to improve how law enforcement interacts with individuals experiencing psychiatric distress.

**Presenters:** Mourning Fox, Emily Hawes, Kristin Chandler

**Panel Members:** Alecia Armstrong, Kristen Neuf, Jeremy Evans, Greg Sheldon, Mike Fitzgerald and Julie Hammond

**Location:** Theater

4. **Six Core Strategies©: Establishing a Culture of Care that is Trauma-informed, Recovery and Resiliency Oriented to Reduce the Use of Seclusion and Restraint:**

The Vermont Department of Mental Health has partnered with the Vermont Cooperative for Practice Improvement and Innovation (VCPI) to implement a practice improvement initiative aimed at reducing seclusion and restraint in Vermont hospitals and promoting trauma-informed care, recovery, consumer-driven care and resiliency. Hospitals will share their approaches, learning, and facility strengths and needs specific to achieving successful culture change and implementation of practices that promote trauma-informed, recovery and resiliency orientated care.

**Presenters:** Jeff Rothenberg, Sarah Squirrell, Lesa Cathcart, Julia Fonte, RN, Katelynn Brown, Katharine Monje, Asif Kalim, John O'Brien, Scott Brumenschenkel, Heidi Guevin and Bill Marrapese

**Location:** **Waterlot**

5. **Supporting Young Adults: Why the Unconventional Works:**

This workshop will present the keys to successfully connecting with young adults and other hard-to-reach populations such as individuals grappling with co-occurring issues. With funding from a 5-year federal grant, the Wellness Co-op in Burlington and Another Way in Montpelier have worked creatively, patiently and outside the box to support young adults whose needs have not been fully met by other available services. A portion of this workshop will feature a video created by these two programs that reveals the very powerful and moving stories of individuals whose lives have been uplifted by these programs. Program staff will follow the video with a discussion of the services and supports they provide (including peer-to-peer employment services) and a presentation of the programs' latest outcomes data. Attendees will have ample opportunities for questions and discussion about supporting young adults.

**Presenters:** Nick Parrish, Abby Levinsohn, Sarah Bourne and Will Eberle

**Location:** **Lakeside**

6. **Peri-Natal Mood and Anxiety Disorders: A Public Health Crisis and Call to Action:**

Studies have shown that depression is common among pregnant women, following birth, and in the first year following birth. Depression in pregnancy carries risks for the health of the mother and the child. Mothers with depression experience worse health than those without depression and the effects on the infants range from physical health to psychological and behavioral challenges. The Nurse Family Partnership (NFP) is a nurse home visiting program for first-time, Medicaid eligible mothers. The Vermont Department of Health offers the

***Workshop 6. Continued (Morning) Peri-Natal Mood and Anxiety Disorders:***

program in partnership with local Home Health offices across the state. When nurses found that 50% of NFP participants screen positive on the PHQ9 depression screen, VDH partnered with a UVM psychiatric nurse practitioner and launched a follow-up referral process to link these women to appropriate services.

Come learn about the prevalence of peri-natal depression and what can be done to intervene and provide treatment.

**Presenters:** Sandra Wood and Ilisa Stahlberg

**Location:** Garden View

**Workshops: Afternoon (3:00 pm – 4:30 pm)**

1. **Transforming Systems: Engagement and Support of Young Adults with Early Psychosis:**

Following on the heels of NIMH's influential *Recovery After Initial Schizophrenia Episode* (RAISE) initiative, early interventions for psychosis have emerged as a key player in both national and regional mental health service and systems reform efforts. Over the next year, Vermont will be developing its own plan for improving outcomes among young adults with recent onset psychosis. Beginning with an overview of team-based early intervention models and the rationale behind them, this presentation will also cover broader and more systems-oriented ways of improving outcomes for young adults, including educational attainment and community integration.

**Presenters:** Dr. Nev Jones

**Location:** Theater

2. **Health Coaching to Prevent Chronic Disease:**

This workshop will address the question, "Why should we focus on whole health when our expertise is in mental health?" It will also explore the morbidity profile for those with chronic mental illness and discuss examples of how Vermont's community mental health centers are dealing with this challenge. The workshop will conclude with a discussion of what else Vermont providers can do and the outcomes we should focus on in a whole health approach.

**Presenters:** Dr. Jaskanwar Batra, Mary Moulton, Nancy Perrault and Gretchen Pembroke

**Location:** Waterlot

3. **Evolving the System: Opening New Possibilities through Dialogue, Meaning and Relationship:**

There are people in Vermont – clinicians, administrators, individuals and families with lived experience - who have been thinking of ways to enhance our work with individuals and families that seek mental health services. We draw from training and experience from multiple places: Intentional Peer Support, Dialogic Practice such as Open Dialogue, the Recovery Movement, and the Hearing Voices Movement. We believe there are important common values, including a deep respect for the individual, an expectation of recovery, and an emphasis on strengthening interpersonal connectedness through dialogue and understanding.

### ***Workshop 3. Continued (afternoon session) Evolving the System:***

Please join us in this workshop which will have three goals:

- \* Allow for a space to have a conversation about these approaches and ways in which we are using them in Vermont.
- \* Model a meeting based on the dialogic principles of Open Dialogue.
- \* Think about ways that we can continue to work together.

**Presenters:** Alexander Smith, Sandra Steinguard, Alisson Richards, Zelda Alpern, James Ashenfelter, Cameron Mack, Victor Martini, and Malaika Puffer

**Location:** **Morey Room**

#### **4. A Screening, Referral and Follow-up Pilot Addressing Toxic Stress in Primary Care Practice:**

It is widely known that untreated early childhood trauma results in poor health outcomes and risky behaviors later in life. Medical staff at Barre Integrative Medicine worked with staff from Washington County Mental Health Services, the Department of Mental Health, the Department of Health and the Vermont Cooperative for Practice Improvement & Innovation to design a screening and referral protocol to help these patients.

The inter-agency team that has implemented the protocol will provide the screening instrument, screening and referral protocol, early data from the project and discuss issues ranging from practitioner and patient engagement to electronic health records and follow-up with patients.

**Presenters:** Margaret Joyal and Katie John

**Location:** **Lakeside**

#### **5. Developing and Supporting Peer Services in Vermont:**

This workshop will feature a panel of peer service providers exploring how the landscape of peer services are evolving and expanding in Vermont. Attendees will learn about the Wellness Workforce Coalition, and how it is facilitating collaboration between peer-run organizations and peer services being provided in professional mental health agencies. In addition, with panelists working in peer-run organizations and designated mental health agencies, attendees will be part of a discussion about where peer support services are heading in Vermont.

**Presenters:** Julie Brisson

**Panel Members:** Cindy Therrian, Jarad Haage, Rene Rose, Gladys Mooney Konstantin, Sherry Marcelino, Myles Kaufmann, Robin Hall and Joe Pomroy

**Location: Garden View**

**6. How Language Can Support the Process of Recovery:**

This workshop will explore Borderline Personality and how stigmatizing language and attitudes affect the relationship between client and clinician, and how such language impacts recovery. The workshop presenters will discuss their own experiences as both clients and service providers of the mental health system and how those experiences speak to the power of language and its relationship to the process of healing and recovery.

**Presenters:** Rachel Kling and Jackie Leman

**Location: Edgewater**



**For Presenter Biographies, please see the DMH website at:**

**<http://mentalhealth.vermont.gov/node/1664>**